

## **Sponsorships Support**

If you work within an organization, business, or space that may be open to sponsoring your place on this course, please consider this option which would enable someone else to take on the scholarship position.

For example, if you work for a business (i.e. yoga studio, healing center, corporate or IT firm, institution, or within a state or country capacity) or with organizations that support mental health, care-giving, wellness, humanitarian, education or any space of service, your business or organization may be willing to pay for your training. Here is an email template that you can edit with the specifics that relate to your situation.

Hello,

I think SomaPsych and Legacy Motion's 300hr Trauma-Informed Movement Facilitator training will benefit our organization greatly. I am interested in undertaking this training and am reaching out to you to ask if you would consider funding my registration fees for this endeavor. .

## **Course Content**

Trauma-informed training can help you better understand the effects of trauma on individuals, and how it may impact their ability to participate in group settings. It helps us contextualize the people we work with and better understand how to take into account the systems and structures we operate within; this understanding helps us work on the individual level as well as the collective level as we work toward social change.

Trauma-Informed approaches are generally characterized by an awareness in which traumatic experiences shape our nervous systems, brains, relational attachment patterns, sense of self and our view of the world. Through this perspective, this course fills our facilitator tool belts with supportive movement-based practices that can improve physical, emotional, cognitive, and community building health..

Trauma-Informed practices are an embodied commitment to decolonization, disability justice, anti-racism, and anti-oppression, both at a personal and systemic level. This course includes an understanding not only of the neurophysiology of

trauma, but also the ways in which dominant societal structures generate systemic trauma, thorough processes of ingrained prejudice, bias, oppression, and marginalization.

### **Benefit to our community**

Movement and body-based trauma modalities open up a world of possibilities for our clients and community. It empowers practitioners with tools to give clients deep, visceral and sustainable life transformations. Trauma-informed facilitation training can provide you with skills and strategies to create a brave and supportive environment by equipping you with evidence-based tools and resources to establish and maintain a healthy therapeutic alliance, effectively navigate group dynamics, and help participants feel more comfortable processing and integrating their experiences.

*Write something relevant to your community. See below for inspiration for a variety of communities.*

### **Course Details:**

300hr Trauma-Informed Facilitator Training: Somatics, Yoga, & Embodied Practices  
Faculty from SomaPsych & Legacy Motion along with International Guest Facilitators  
1 Year Training Program, Online & Interactive  
September 29 2024 - September 21st 2025  
Cost: sliding scale NZD\$4300 - NZD\$6140

### **Communities this work can benefit:**

**Mental Health Counselor or Therapist:** Trauma-informed facilitation skills can be highly valuable in a counselling or therapy setting. Facilitators who work in this field may help individuals process trauma, develop coping skills, and build resilience. This specific training helps you incorporate somatic and other body-based modalities and practices into your offering to help regulate and support yourself and your clients moving forward.

**Social Worker:** Social workers often work with individuals and families who have experienced trauma, and may use trauma-informed facilitation techniques to support them. This training specifically focuses on not only supporting ourselves and our clients through challenging experiences but also exploring how to powerfully incorporate wrap-around support and be a catalyst for social change and justice.

**Substance Abuse Practitioners:** Individuals struggling with substance abuse may also have experienced trauma, and trauma-informed facilitation can be an effective approach for

addressing both issues. This training equips you with the tools and resources to support people through body-based approaches to nervous system regulation and support.

**Nonprofit or Community Organization Staff:** Trauma-informed facilitation can be an essential skill set for those who work in community organizations or nonprofits that serve individuals who have experienced trauma, such as domestic violence shelters, homeless shelters, or youth programs. This training allows you to feel confident working with a variety of populations and communities in a respectful and mana/autonomy-enhancing way.

**Educators:** Trauma-informed facilitation skills can be useful in educational settings, such as schools, colleges, and universities. Facilitators may work with students who have experienced trauma and may provide training for educators and staff on trauma-informed practices. This training focuses on increasing your understanding of trauma symptoms and responses so that you know how to hold space for them, navigate them safely and effectively, and create safer, more accessible and inclusive environments.

**Yoga Teachers, Coaches, and Wellness Practitioners:** This training equips you to not only make your current offering safer and more inclusive and accessible for the general public, but also provides the tools and knowledge to work with specific populations and communities that have experienced individual and collective trauma. This training explores intentional sequencing, language, supportive and autonomy-enhancing choice-making skills, somatic practices for self- and co-regulation, as well as evidence-based tools and techniques for navigating activating and triggering experiences.

**Human Resources and Business Owners:** Trauma-informed facilitation skills can also be valuable in human resources roles, particularly when working with employees who have experienced trauma or managing difficult workplace situations. While you may not know someone's life story, this training shows you that creating safer, more humanistic spaces within your organization helps employees and colleagues feel heard, seen, and supported - helping you foster a culture of engagement, healthy productivity, and creativity.

**First responders:** Trauma-informed facilitation skills can be highly valuable to first responders. Particularly with tools to hold space for each person with a safe and humanistic posture, using a body-based approach supported with appropriate evidence. These practices will particularly help you to regulate and support yourself moving forward.